

7.56pm Sunday 28th (9)
January 2024

Book 14: How to deal with
full blown patterns above -
How I dealt with it today
28/01/2024 - physical eye
- patterns.

- Bismillahir Rahmaanir Raheem
 - In The Name of Allah, The
Entirely Merciful, The Especially
Merciful
- Text / Matn

1. When I was coming back
home today I was on
full-blown patterns =
physical-eye-patterns.
2. when I got to the house,
my immediate reaction
was to panic and start
pacing round the house,
entering and exiting
my bed and calling
my family in distress